



**Calcasieu Parish School Board
WELLNESS EVENTS
2024-2025**



Events 2024	Events 2025
<p>Wellness Fair (3) - Sat, Sept 21st Lake Charles Civic Center 7am – 11am Register Now by Sept 7th By following link - https://bit.ly/4c3iUy0</p>	<p>Coping with Stress (1) ChristusOchsner Seminar - Thurs, Jan 16th CPSB Board Room 5pm</p>
<p>CPSB Health Benefits Q&A (1) - Thurs, Sept 19th Sulphur High Main Library 5pm CPSB Board Room - Thurs, Sept 26th 5pm</p>	<p>Urgent Care vs. ER Visits (1) ChristusOchsner Seminar - Thurs, Feb 13th CPSB Board Room 5pm</p>
<p>Financial Safety (1) Cal T&E Credit Union - Thurs, Oct 10th CPSB Board Room 5pm</p>	<p>Diabetes (1) ChristusOchsner Seminar - Thurs, Mar 13th CPSB Board Room 5pm</p>
<p>Healthy Eating in the Real World (1) ChristusOchsner Seminar - Thurs, Nov 14th CPSB Board Room 5pm</p>	<p>Build Good Bone Health (1) ChristusOchsner Seminar - Thurs, Apr 10th CPSB Board Room 5pm</p>

If you have any questions, please call 337-217-4240, ext. 3008 Risk Management or email wellness@cpsb.org.

() refers to number of points earned for attendance.